

Ochtend lessen

| TIJD | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
|-------|--------------------|------------|--------------------|------------|--------------------|----------|------------|
| 9.00 | Synrgy 360 | Body Shape | Synrgy 360 | Body Shape | Synrgy 360 | | |
| | | | BodyPump Les Mills | | BodyPump Les Mills | | |
| 9.30 | | | | | | Spinning | Synrgy 360 |
| 10.00 | Lady's Bootyboxing | | | | | | |
| 10.15 | Synrgy 60+ | Pilates | Synrgy 60+ | Pilates | | | |
| 10.30 | | | | | | | Zumba |

Avond lessen

| TIJD | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | | |
|-------|--------------------|------------------------|--------------------|-------------------|-----------------|--|--|
| 17:00 | | | | | | | |
| 18:00 | | Kids/Jeugd boxing | | Kids/Jeugd boxing | | | |
| 18.30 | Lady's Bootyboxing | | Bokszaktraining | | | | |
| 18.45 | | | | | | | |
| 19.00 | Spinning | Kickboxing | | Kickboxing | Synrgy 360 | | |
| | Synrgy 360 | | | Spinning | Bokszaktraining | | |
| 19.15 | | Kettlebell HIIT 30 Min | | | | | |
| 19.30 | | Synrgy 360 | Synrgy 360 | Synrgy 360 | | | |
| | Kickboxing sparren | | Lady's Bootyboxing | | | | |
| 19.45 | | | | | | | |
| 20.00 | BodyPump Les Mills | Zumba | | Zumba | | | |
| 20.15 | Synrgy 360 | | | | | | |